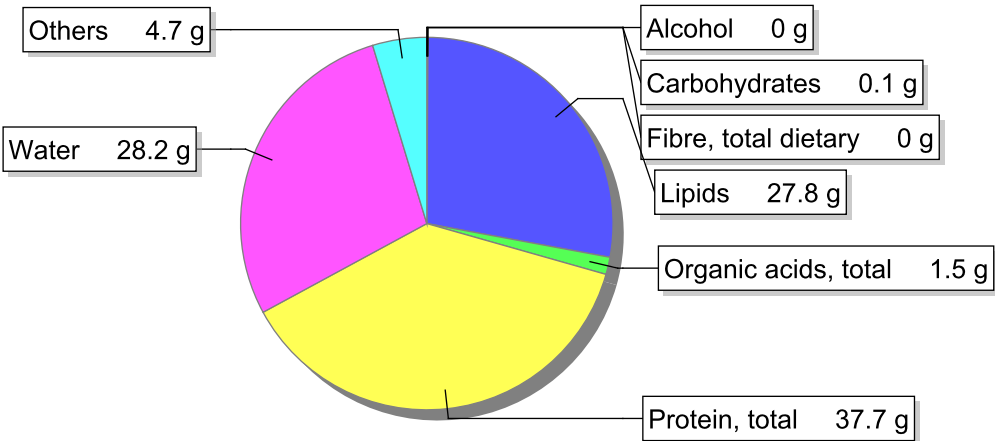


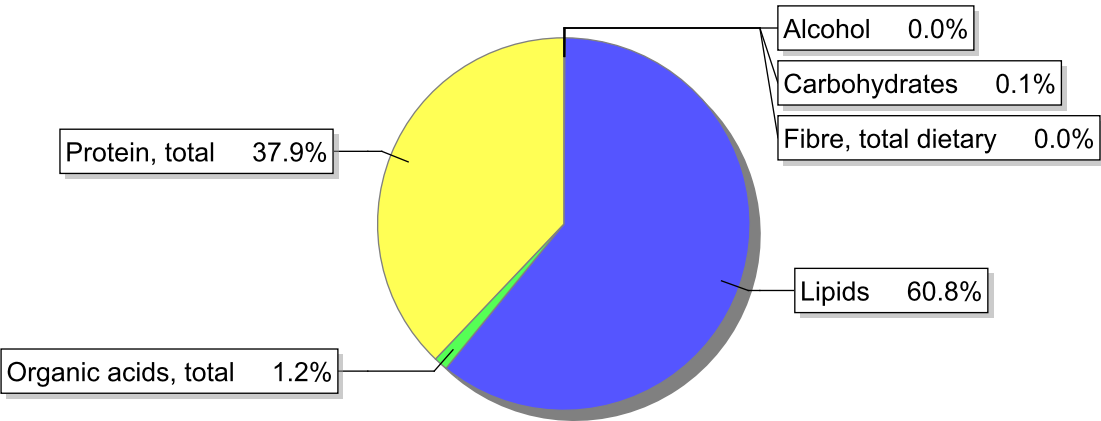
Food

Name: Cheese, Parmesan
Group: Milk and milk products
Subgroup: Cheese
Edible Part: 85%
Code: IS051
FoodEX2 Code: A02ZH

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	406	kcal	
energy kJ, total metabolisable	1690	kJ	
fatty acids, total saturated	14.7	g	
fatty acids, total monounsaturated	7.2	g	
fatty acids, total polyunsaturated	1.1	g	
fatty acid 18:2 n-6 cis,cis	0.8	g	
fatty acids, total trans	1.7	g	
sugars, total	0.1	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.1	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	37.7	g	57
alcohol	0	g	
water	28.2	g	57
organic acids, total	1.5	g	
cholesterol	90	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	248	µg	
carotene, total (vitamin A precursors)	135	µg	
vitamin D	0.3	µg	
alpha-tocopherol	0.6	mg	
thiamin	0.02	mg	
riboflavin	0.4	mg	
niacin, preformed	0.4	mg	
niacin equivalents, total	9.4	mg	
niacin equivalents from tryptophan	9	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	1.5	µg	
vitamin C	0	mg	
folate, total	20	µg	
ash	4.70	g	
sodium	770	mg	57
potassium	150	mg	57
calcium	1300	mg	57
phosphorus	900	mg	57
magnesium	51	mg	57
iron, total	1.1	mg	57
zinc	4	mg	57

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB